



STAY SAFE: RECOGNIZE & REMOVE TRIP HAZARDS AT HOME

IT'S A GREAT DAY TO BE FALLS-FREE



National Falls Prevention Awareness Week
September 19 – 25, 2022



Idaho celebrates Falls Prevention Awareness
Month the full month of September 2021



GOT QUESTIONS?

Use the Questions panel to ask what you're curious about

Our ZOOMbie will pose them to the appropriate presenter during the Q&A at the end of the seminar



SEMINAR MATERIALS

Materials are available
on the ICOA FPAM website
<http://aging.idaho.gov/falls>



TECHNICAL EMERGENCY PLAN

- You are **disconnected**, log back in as soon as possible
- We **lose a panelist**, They will log back in ASAP and continue their discussion
- We **lose our “mother ship”** at ICOA, We have people who can take over
- **Solar flares** shut down this hemisphere, We will contact you when rescheduled



SEMINAR RECORDING

- The seminar is being **recorded**
- You will receive a link via e-mail when it is available On our **Falls Prevention**

Event Hub

- It will also be available on our **Falls Prevention webpage**

WHAT WE'LL DISCUSS, SO YOU CAN BE FALLS-FREE

- Understanding falls
- Lighting
- Stairs
- Rugs
- Bathrooms
- Furniture
- Pets

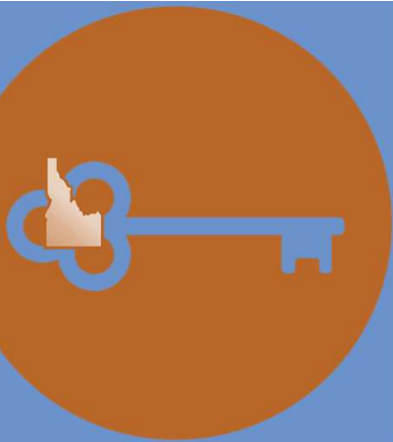




READY? LET'S GO!



UNDERSTANDING FALLS



IDENTIFYING FALLS

Unintentionally moving downward, typically rapidly and freely without control, from a higher to a lower level

FALLS BY THE NUMBERS



**FALLS INCREASE AS WE
AGE**



**IN IDAHO, 1 IN 3 PEOPLE
AGED 65+ FALL AT LEAST
ONCE EACH YEAR**



**#1 cause of accidental
injury & death in people
aged 65+**

GOOD NEWS!

It Doesn't Have to be This Way!





AVOIDING FALLS **IS THE KEY!**

You have taken the first step
by being here!



RECOGNIZE & REMOVE TRIP HAZARDS AT HOME

Mike S. Rice

*Central District Health
Fit & Fall Proof
Coordinator, Master
Trainer*

MPH, MS, CSCS,
ACSM EP & IFT, HD4





FIND YOUR FALLS RISK

- Free online risk assessment
- 12 quick, easy yes/no questions
- Instantly receive fall risk score
- E-mail report with suggestions for follow-up, including contacting healthcare team to reduce fall risk



FallsFree CheckUp

YOU CAN PREVENT A FALL

www.Ncoa.org/fallsfreecheckup ([Espanol](#))





Falls Prevention - Trip Hazards at Home
(<http://aging.idaho.gov/falls>)

IT'S NOT THEM, IT'S US!



TODAY'S GAME PLAN





RUGS

RUGS

- Leading cause of unintentional injury
- Remove or replace if do not lay flat
- Replace if slip on floor, particularly when wet
- Heavy mats provide more stable surface



RUGS WITH SENTIMENTAL VALUE?

- Have no slip liner added
- Add traction corners
- Less expensive than replacement and good place to start





SLIPPERY SURFACES

SLIPPERY SURFACES

- HAZARD: Wearing socks on smooth surfaces
- Solution: Rubber soled slippers or traction socks
- Keep mop or towels near entryways to dry spills/drips
- Use non-slip rugs



The image features a central light blue circle containing the text "BATHROOM/RESTROOMS". To the left of the circle is a triangle composed of a dark blue left half and a green right half. Above the circle is a horizontal light gray bar. To the right of the circle is a large ring, with its left half in orange and its right half in purple. The entire composition is framed by a dark purple border at the top and a brown border at the bottom right. A small gray dot is located on the bottom right edge of the light blue circle.

BATHROOM/RESTROOMS

BATHROOMS

- Room with highest risk of falls
- Many slip hazards
 - Slippery wet surfaces
 - Clutter (rugs, clothes, towels, cords, toys)
- A frequently used room
- First solution: Non-slip rug (safe and comfortable)



BATHROOMS

- HAZARD: Toilets can have condensation that drips on floor
- Solution:
 - Non-slip rug
 - hand rails
 - Standing Security Pole (uses pressure springs)
 - A walker can be used to assist as well
 - A walker can be used to assist as well
 - None require drilling into walls or floors



BATHROOMS

- HAZARD: Added risk of hitting head when fall (smaller room with hard fixtures)
- Bathtub is most common cause of head injury in bathroom falls
- Sink, countertop, and toilet are also hazards when falling on a slick surface



LEARN FROM BOB SAGET'S FALL



THE MATH OF A SLIP & FALL

A 5'9" person falling at 32.17 feet per second squared, strikes the floor at 20 feet per second or about 14 MPH

This is half the speed a typical high school baseball player swings a bat





LIGHTING & STAIRS

WHAT'S DANGEROUS ABOUT THIS?

1. Poor Lighting
2. No reflective tape or paint on the stair steps
3. No Paint or tape on handrail



STAIRS THE SAFE WAY

- Edge of each step clearly marked
- Stairs are uniform size
- Handrail well marked and sturdy
- Well lit
- High contrast



MORE ISN'T ALWAYS BETTER

- HAZARD: Too bright lights and reflective surfaces cause glare that can be blinding
- Solutions:
 - Use bright but not too bright lights
 - Turn on bulb “warm” color, if they have that setting
 - Lower shades or use curtain sheers to reduce glare
 - Place lamps where they won’t shine directly into eyes when using halls and walkways
 - Use colored tablecloths to cover bright white or reflective tabletops



NIGHT LIGHTING

- HAZARD: Dark rooms and hallways at night
- Solution: Nightlights, ideal color is red
 - Provides enough light to show the way and avoid obstacles
 - Especially important for people with low vision
 - Least disruptive to circadian rhythm (sleep-wake cycle) which is more important as we grow older
 - Sets a pleasant atmosphere and mood for a room



AVOID NIGHTTIME EMERGENCY FALLS

- HAZARD: Trying to turn on lights at night when you are in a hurry
- Solutions:
 - Use a touch lamp at your bedside

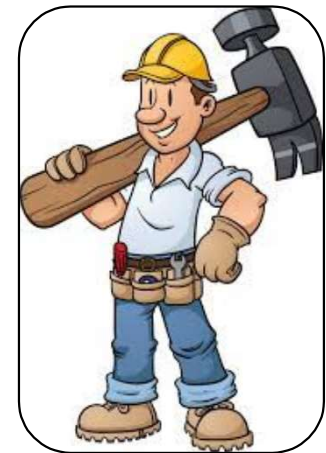
Keep a flashlight with a moderate beam at your bedside

- Any appropriate light that is easy to operate is a good choice



HOME MODIFICATIONS CAN IMPACT SAFETY

- Carefully consider how changes may impact mobility through your home
- HAZARD: Different level edges between original home and additions
Slight step becomes more hazardous as we age
- Obstacle for adaptive equipment, making them dangerous and burdensome to use
- Solution: Placing a ramp- style transition and some tape
- Don't forget: An ounce of prevention is worth a pound of cure



ARRANGING FURNITURE FOR SAFETY

- As a person ages their physical ability declines
- What used to be “comfortable” is now difficult to get in and out of
- Easy tasks can become risky over time
- Furniture is expensive to replace and can have sentimental value
- Risk with furniture are often just lived with



WHAT ABOUT SENTIMENTAL VALUE?

First question: Is the furniture safe and sturdy ?

- If not, must do something immediately
 - Repair it
 - Move it to an area so it is kept but not used
 - Give it to a family member
 - All can avoid an unpleasant confrontation



QUESTIONS TO ASK ABOUT SAFE FURNITURE ARRANGEMENT

- Does the furniture block access to window blinds and shades?
- Is the furniture pushing a rug into a trip hazard position?
- Can people sit and stand without other obstructions?
- Is traffic flow logical and safe in and out of the room?
- Is it possible to arrange furniture so they can be used as hand rails?





misc.

MISCELLANEOUS TIPS AND TGHOUGHTS

PETS

- Great companions and a huge part of senior health, especially for those living alone
- HAZARD:
 - Like to be close to their owners
 - Often rest on floor, quiet, and not thought of until stepped on
- Solutions
 - Place a collar with a bell on your pet, or a very bright colored collar
 - Train pet to use a specific bed or sleeping area (cats not so much)
 - At night place pet in a specific room with appropriate supplies
 - When getting a new pet, consider getting a breed/color that is in contrast with your decor



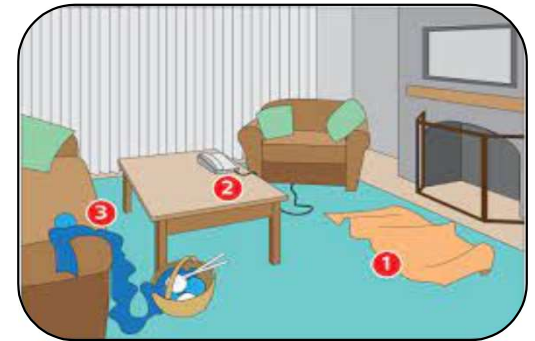
REMEMBERING THE BASICS



- Cords
Consideration for safety



Clutter



REQUEST A FREE HOME AUDIT!

- Many agencies provide free home safety checks
- Often, an “outside eye” can see things you and others may not
- Easier, less time-consuming, less painful, and less expensive to meet with someone for an hour than recover from a fall
- Often, “other eyes”





QUESTIONS ABOUT RECOGNIZING & REMOVING TRIP HAZARDS FROM YOUR HOME?

Mike Rice
Central District Health
Fit & Fall Proof Program
Coordinator



STAY INFORMED

Facebook:

<https://www.facebook.com/AgeWellIdaho>



Twitter: <https://twitter.com/commissionaging>



ICOA YouTube Channel:

<https://www.youtube.com/channel/UCRYnrtYY1KxnFIEmcZPY2-Q>

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LET US ASSIST YOU IN LIVING FALLS FREE!

